

MON (MEXICAN)

Salsa Chicken

TUES (ITALIAN)

Healthy Flatbread Pizzas

WED (BRINNER)

Breakfast Burritos

THUR (OTHER CUISINE)

Crock Pot Mac & Cheese

FRI (DATE NIGHT)

WEEKEND

BBQ Pork Chops

SIDES

Cilantro Lime Rice

Roasted Green Beans

DESSERT

Best Apple Pie

SHOPPING LIST

PRODUCE

- Cilantro (1 bunch)
- Tomatoes
- Avocado
- (2) Roma Tomatoes, diced
- Red Onion (4 rings or diced)
- Peppers, optional
- Green Beans (1 lb)
- (6-8) Gala or Granny Smith Apples

GRAINS/BREAD

- (2) Flatout Artisan Thin Pizza Crust, Rosemary & Olive Oil
- (2) Flatout Artisan Thin Pizza Crust, White
- Tortillas (4)
- Uncooked Elbow Macaroni (1 cup)
- Rice (2 cup)

SPICES

- Fresh Basil
- Fresh Parsley, chopped
- Salt (3/4 tsp)
- Pepper (1/2 Tbsp)
- Kosher Salt (1/2 tsp)
- Fresh Cracked Black Pepper
- Garlic Salt, to taste

CANNED GOODS

- Salsa (1 cup)
- (1) Condensed Cheddar Cheese Soup (use 1/2 can)
- Chicken Broth (4 cup)
- (1) Diced Green Chiles (4 oz)

MEAT/PROTEIN

- Chicken Breasts (4)
- Grilled Chicken Breast, cubed (2 cups)
- Eggs, scrambled (8)
- Eggs (1)
- Bacon (4 slices)
- Pork Chops, thin sliced (6)

DAIRY

- Mexican Cheese, shredded (1 cup)
- Sour Cream (1/4 cup)
- Parmesan Cheese, grated (1/2 cup)
- Cheddar Cheese, grated (3 cup)
- Mozzarella Cheese, grated (1/3 cup)
- Blue Cheese crumbles, optional
- Butter (4 Tbsp)
- Whole Milk (1/2 cup)

PANTRY ITEMS

- Ketchup (2 cups)
- Yellow Mustard (1/2 Tbsp)
- Apple Cider Vinegar (1/2 cup + 1 Tbsp)
- Brown Sugar (5 Tbsp)
- Sugar (3/4 cup + 5 Tbsp)
- Olive Oil (1 Tbsp)
- Butter Flavored Shortening (1 cup)
- Flour (2 1/2 cup)
- Cinnamon (1/2 tsp)
- Nutmeg (1/8 tsp)
- Cornstarch (3 Tbsp)

OTHER

- Taco Seasoning Mix (4 tsp)
- Basil Pesto Sauce (1/2 cup)
- Buffalo Chicken Sauce (8 Tbsp)
- Dry Ranch Mix (4 tsp)
- Cubed Hash Browns (2 cups)
- Lemon Juice (3 Tbsp)
- Worcestershire Sauce (1 Tbsp)
- Lime Juice (1 Tbsp)
- Unfiltered Apple Cider (1 cup)
- Vanilla Ice Cream



TIP OF THE WEEK:

Double the amount of Breakfast Burritos you make this week. Then freeze the extras for quick, easy breakfasts on the go! Perfect for busy work and school mornings. Reheat in the microwave for 3-4 minutes on each side when you're ready to eat them. Burritos last in the freezer for 1-2 months.

NOTES:

Click for the recipes or search on lilluna.com

Try pairing your Breakfast Burritos with a refreshing smoothie! A few of our favorites are our [Orange Juice Smoothie](#) or our [Peach Mango Smoothie](#). YUM!